



**NATIONAL CAPITAL CUP SPRINT SERIES**  
**SHORT COURSE SPRINT SWIM MEET**  
**SATURDAY, JANUARY 30, 2010 UNIVERSITY OF OTTAWA**

Name	Age Team	SEED	Finals	Points
<b>Women 18-24 50 SC Meter Freestyle</b>				
1 Leung, Alice	23 PINE	40.00	31.64	5
2 Annable, Krystle	24 KMSC	29.00	32.72	3
3 Scapillato, Sadie	24 TECH	45.00	35.28	2
<b>Women 18-24 100 SC Meter Freestyle</b>				
1 Leung, Alice	23 PINE	1:40.00	1:12.27	5
34.39	1:12.27			
2 Duchesne, Natalie	19 TECH	1:18.00	1:15.26	3
36.89	1:15.26			
3 Scapillato, Sadie	24 TECH	1:43.00	1:26.16	2
42.68	1:26.16			
<b>Women 18-24 200 SC Meter Freestyle</b>				
1 Scapillato, Sadie	24 TECH	4:15.00	3:31.37	5
52.69	1:48.59	2:44.72	3:31.37	
<b>Women 18-24 100 SC Meter Backstroke</b>				
1 Annable, Krystle	24 KMSC	1:20.00	1:25.19	5
39.80	1:25.19			
2 Duchesne, Natalie	19 TECH	1:25.00	1:25.67	3
41.58	1:25.67			
3 Leung, Alice	23 PINE	1:50.00	1:25.98	2
<b>Women 18-24 200 SC Meter Backstroke</b>				
1 Annable, Krystle	24 KMSC	2:40.00	3:14.87	5
45.15	1:33.31	2:23.49	3:14.87	
<b>Women 18-24 100 SC Meter Breaststroke</b>				
1 Leung, Alice	23 PINE	2:00.00	1:40.90	5
46.71	1:40.90			
<b>Women 25-29 50 SC Meter Freestyle</b>				
1 Desmarais, Catherine	29 TECH	36.00	35.40	5
<b>Women 25-29 100 SC Meter Freestyle</b>				
1 Spada, Andrea	25 MCGIL	NT	1:11.36	5
34.40	1:11.36			
2 Desmarais, Catherine	29 TECH	1:20.00	1:18.97	3
39.43	1:18.97			
3 Corriveau, Caroline	25 TECH	1:20.00	1:19.60	2
40.02	1:19.60			
<b>Women 25-29 200 SC Meter Freestyle</b>				
1 Spada, Andrea	25 MCGIL	NT	2:35.26	5
34.42	1:13.73	1:54.75	2:35.26	
2 Corriveau, Caroline	25 TECH	2:55.00	2:51.01	3
39.08	1:22.55	2:07.58	2:51.01	

3	Desmarais, Catherine	29	TECH	3:00.00	2:54.65	2
	39.86	1:22.49	2:07.93	2:54.65		
<b>Women 25-29 100 SC Meter Backstroke</b>						
1	Spada, Andrea	25	MCGIL	NT	1:18.65	5
	37.89	1:18.65				
<b>Women 25-29 200 SC Meter Backstroke</b>						
1	Spada, Andrea	25	MCGIL	NT	2:45.31	5
	38.03	1:19.24	2:02.15	2:45.31		
<b>Women 25-29 100 SC Meter Breaststroke</b>						
1	Desmarais, Catherine	29	TECH	1:45.00	1:38.20	5
	44.43	1:38.20				
<b>Women 25-29 200 SC Meter Breaststroke</b>						
1	Desmarais, Catherine	29	TECH	3:45.00	3:29.03	5
	48.86	1:41.62	2:35.68	3:29.03		
<b>Women 35-39 50 SC Meter Freestyle</b>						
1	Hall, Sarah	39	Unattached	30.50	30.34	5
2	McIlwaine, Tracey	39	TECH	35.00	34.01	3
3	Lemieux, Valerie	37	TECH	35.00	37.09	2
4	Allison, Jennifer	39	TECH	39.00	39.97	
<b>Women 35-39 100 SC Meter Freestyle</b>						
1	Hall, Sarah	39	Unattached	1:08.00	1:07.22	5
	32.20	1:07.22				
2	Lemieux, Valerie	37	TECH	1:15.00	1:18.11	3
	37.18	1:18.11				
3	McIlwaine, Tracey	39	TECH	1:17.00	1:18.15	2
	39.30	1:18.15				
4	Allison, Jennifer	39	TECH	1:30.00	1:32.24	
	46.05	1:32.24				
5	Jacques, Sylvie	37	TECH	2:00.00	1:53.60	
	56.08	1:53.60				
<b>Women 35-39 200 SC Meter Freestyle</b>						
1	Hall, Sarah	39	Unattached	2:35.00	2:32.50	5
	32.61	1:09.99	1:50.46	2:32.50		
2	McIlwaine, Tracey	39	TECH	2:55.00	2:52.79	3
	39.84	1:24.09	2:10.18	2:52.79		
3	Lemieux, Valerie	37	TECH	2:43.00	2:54.71	2
	38.39	1:22.24	2:08.64	2:54.71		
4	Allison, Jennifer	39	TECH	3:30.00	3:37.05	
	52.52	1:50.73	2:48.37	3:37.05		
5	Jacques, Sylvie	37	TECH	4:00.00	4:03.44	
	58.08	2:01.24	3:05.74	4:03.44		
<b>Women 35-39 100 SC Meter Breaststroke</b>						
1	Hall, Margot	35	TECH	1:30.00	1:31.79	5
	43.93	1:31.79				
2	Hall, Sarah	39	Unattached	1:32.00	1:32.62	3
	44.11	1:32.62				
3	Jacques, Sylvie	37	TECH	2:45.00	2:25.79	2
	1:11.52	2:25.79				
<b>Women 35-39 100 SC Meter Butterfly</b>						
1	Lemieux, Valerie	37	TECH	1:25.00	1:30.33	5
	42.06	1:30.33				
2	Jacques, Sylvie	37	TECH	2:30.00	2:24.27	3
	1:07.98	2:24.27				

**Women 35-39 200 SC Meter Butterfly**

1 Hall, Margot	35 TECH	3:15.00	3:10.84	5
39.46 1:27.40 2:19.62 3:10.84				
2 Lemieux, Valerie	37 TECH	3:23.00	3:40.73	3
49.36 1:45.49 2:44.67 3:40.73				

**Women 35-39 200 SC Meter IM**

1 Hall, Margot	35 TECH	NT	2:59.38	5
39.41 1:26.69 2:17.70 2:59.38				

**Women 40-44 100 SC Meter Freestyle**

1 Milford, Wendy	43 TECH	NT	1:27.28	5
41.86 1:27.28				

**Women 40-44 100 SC Meter Breaststroke**

1 Milford, Wendy	43 TECH	NT	1:40.39	5
45.71 1:40.39				

**Women 40-44 200 SC Meter Butterfly**

1 Milford, Wendy	43 TECH	NT	4:00.50	5
52.64 1:53.02 2:56.95 4:00.50				

**Women 45-49 50 SC Meter Freestyle**

1 Simpson, Betsy	45 TECH	31.00	32.46	5
2 Robertson, Kelly	47 KMSC	40.00	38.44	3

**Women 45-49 100 SC Meter Freestyle**

1 Simpson, Betsy	45 TECH	1:16.00	1:13.36	5
34.84 1:13.36				
2 Robertson, Kelly	47 KMSC	1:23.00	1:23.14	3
39.71 1:23.14				

**Women 45-49 200 SC Meter Freestyle**

1 Marshall, Lynn	49 CAPS	3:45.00	2:17.28	5
33.09 1:08.05 1:43.24 2:17.28				
2 Simpson, Betsy	45 TECH	2:40.00	2:42.43	3
36.24 1:16.67 1:59.83 2:42.43				
3 Robertson, Kelly	47 KMSC	2:55.00	2:52.87	2
39.30 1:22.86 2:07.83 2:52.87				

**Women 45-49 100 SC Meter Backstroke**

1 Marshall, Lynn	49 CAPS	1:18.00	1:14.58	5
37.77 1:14.58				
2 Simpson, Betsy	45 TECH	1:30.00	1:26.40	3
41.59 1:26.40				

**Women 45-49 200 SC Meter Backstroke**

1 Marshall, Lynn	49 CAPS	2:50.00	2:35.48	5
1:17.17 1:56.92 2:35.48				
-- Simpson, Betsy	45 TECH	3:20.00	DQ	
44.64 1:32.52 2:21.61				

**Women 45-49 100 SC Meter Breaststroke**

1 Robertson, Kelly	47 KMSC	1:40.00	1:44.28	5
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**Women 45-49 200 SC Meter Breaststroke**

1 Marshall, Lynn	49 CAPS	3:20.00	3:08.99	5
43.11 1:30.96 2:19.92 3:08.99				
2 Robertson, Kelly	47 KMSC	3:30.00	3:37.15	3
49.99 1:45.36 2:41.27 3:37.15				

**Women 45-49 200 SC Meter Butterfly**

1 Marshall, Lynn	49 CAPS	2:30.00	2:38.63	5
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34.58 1:13.77 1:55.15 2:38.63

**Women 45-49 400 SC Meter IM**

-- Marshall, Lynn 49 CAPS NT X5:31.20  
35.18 1:15.59 1:58.03 2:39.65 4:20.80 4:56.15 5:31.20

**Women 50-54 50 SC Meter Freestyle**

1 Scheffler, Heike 54 TECH 50.00 53.63 5

**Women 50-54 100 SC Meter Freestyle**

1 Buckner, Wendy 50 TECH 1:18.00 1:20.36 5  
38.24 1:20.36  
2 Pinard, Debbie 53 STITT 1:22.00 1:22.37 3  
39.11 1:22.37  
3 Scheffler, Heike 54 TECH 1:58.00 2:06.77 2  
59.48 2:06.77

**Women 50-54 200 SC Meter Freestyle**

1 Scheffler, Heike 54 TECH 4:07.00 4:36.37 5  
1:03.99 2:16.08 3:27.67 4:36.37

**Women 50-54 200 SC Meter Breaststroke**

1 Pinard, Debbie 53 STITT 3:45.00 3:44.64 5  
49.99 1:46.93 2:46.15 3:44.64

**Women 50-54 200 SC Meter IM**

1 Buckner, Wendy 50 TECH NT 3:14.03 5  
48.20 1:44.67 2:45.24 3:14.03

**Women 55-59 50 SC Meter Freestyle**

1 Brownie, Marguerite 57 MPC 42.00 43.00 5  
2 Quain, Marianne 55 TECH 42.00 43.26 3  
3 Jordan, Marian 55 TECH 49.00 46.79 2  
4 Grant, Diane 57 TECH NT 50.83  
5 Rogers, Patricia 57 TECH 1:05.00 1:02.24

**Women 55-59 100 SC Meter Freestyle**

1 Quain, Marianne 55 TECH 1:38.00 1:40.18 5  
45.52 1:40.18  
2 Grant, Diane 57 TECH NT 1:57.22 3  
52.92 1:57.22  
3 Jordan, Marian 55 TECH 1:50.00 1:59.25 2  
53.99 1:59.25  
4 Rogers, Patricia 57 TECH NT 2:17.02  
1:03.67 2:17.02

**Women 55-59 200 SC Meter Freestyle**

1 Quain, Marianne 55 TECH 3:35.00 3:35.03 5  
46.37 1:40.35 2:37.52 3:35.03  
2 Jordan, Marian 55 TECH 4:11.00 4:17.66 3  
55.52 2:02.24 3:10.62 4:17.66  
3 Rogers, Patricia 57 TECH 5:00.00 4:54.86 2  
1:05.55 2:19.43 3:40.83 4:54.86

**Women 55-59 100 SC Meter Backstroke**

1 Brownie, Marguerite 57 MPC 2:10.00 2:04.18 5  
1:03.20 2:04.18

**Women 55-59 100 SC Meter Breaststroke**

1 Brownie, Marguerite 57 MPC 1:54.00 1:59.27 5  
57.23 1:59.27  
2 Grant, Diane 57 TECH NT 2:38.62 3  
1:10.11 2:38.62

<b>Women 55-59 200 SC Meter Breaststroke</b>					
1	Brownie, Marguerite	57 MPC	4:10.00	4:06.67	5
	57.25	2:00.33	3:04.61	4:06.67	
<b>Women 55-59 100 SC Meter Butterfly</b>					
1	Quain, Marianne	55 TECH	2:00.00	1:56.94	5
	55.27	1:56.94			
<b>Women 60-64 50 SC Meter Freestyle</b>					
1	Bakish, Margaret	61 TECH	37.00	38.05	5
2	Cardinal, Liliane	61 MPC	50.64	52.31	3
<b>Women 60-64 100 SC Meter Freestyle</b>					
1	Bakish, Margaret	61 TECH	1:20.00	1:23.60	5
	39.77	1:23.60			
2	Cardinal, Liliane	61 MPC	NT	2:03.51	3
	57.83	2:03.51			
<b>Women 60-64 100 SC Meter Backstroke</b>					
1	Bakish, Margaret	61 TECH	1:44.44	1:42.93	5
	50.65	1:42.93			
<b>Women 60-64 200 SC Meter Backstroke</b>					
1	Bakish, Margaret	61 TECH	3:34.14	3:42.79	5
	54.30	1:50.99	2:47.15	3:42.79	
<b>Women 60-64 100 SC Meter Butterfly</b>					
1	Bakish, Margaret	61 TECH	1:36.36	1:40.44	5
	47.42	1:40.44			
2	Cardinal, Liliane	61 MPC	NT	2:44.96	3
	1:17.56	2:44.96			
<b>Women 65-69 100 SC Meter Freestyle</b>					
1	Angus, Pat	66 TECH	1:36.00	1:32.30	5
	45.18	1:32.30			
<b>Women 65-69 100 SC Meter Butterfly</b>					
1	Angus, Pat	66 TECH	2:00.00	1:50.10	5
	52.80	1:50.10			
<b>Women 70-74 50 SC Meter Freestyle</b>					
1	Devine, Alexandra	70 SWYM	43.40	44.15	5
<b>Women 70-74 100 SC Meter Freestyle</b>					
1	Devine, Alexandra	70 SWYM	1:41.47	1:43.27	5
	49.08	1:43.27			
<b>Women 70-74 200 SC Meter Freestyle</b>					
1	Devine, Alexandra	70 SWYM	3:46.29	3:44.57	5
	51.33	1:47.88	2:47.96	3:44.57	
<b>Women 70-74 100 SC Meter Backstroke</b>					
1	Devine, Alexandra	70 SWYM	2:08.00	2:05.53	5
	1:01.71	2:05.53			
<b>Women 70-74 100 SC Meter Breaststroke</b>					
1	Devine, Alexandra	70 SWYM	2:13.03	2:12.31	5
	1:02.59	2:12.31			
<b>Women 75-79 50 SC Meter Freestyle</b>					
1	Waldie, Mae	75 MPC	45.00	42.25	5

**Women 75-79 100 SC Meter Freestyle**  
 1 Waldie, Mae 75 MPC 1:45.00 1:38.08 5  
 47.08 1:38.08

**Women 75-79 100 SC Meter Backstroke**  
 1 Waldie, Mae 75 MPC 2:15.00 1:51.71 5  
 54.43 1:51.71

**Women 75-79 200 SC Meter Backstroke**  
 1 Waldie, Mae 75 MPC 4:50.00 4:18.07 5  
 57.68 2:02.90 3:12.49 4:18.07

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Name	Age	Team	SEED	Finals	Points
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**Men 25-29 50 SC Meter Freestyle**  
 1 Mears, Paul 25 TECH 33.00 33.54 5

**Men 25-29 100 SC Meter Freestyle**  
 1 Mears, Paul 25 TECH 1:22.00 1:17.06 5  
 36.59 1:17.06

**Men 25-29 200 SC Meter Freestyle**  
 1 Mears, Paul 25 TECH 3:00.00 2:55.40 5  
 37.17 1:20.39 2:08.33 2:55.40

**Men 30-34 100 SC Meter Freestyle**  
 1 Lemire, Philip 33 TECH 1:10.00 1:05.02 5  
 31.77 1:05.02

**Men 30-34 200 SC Meter Freestyle**  
 1 Lemire, Philip 33 TECH 2:40.00 2:28.58 5  
 35.05 1:14.58 1:50.83 2:28.58

**Men 30-34 100 SC Meter Backstroke**  
 1 Lemire, Philip 33 TECH 1:25.00 1:20.08 5  
 39.39 1:20.08

**Men 30-34 200 SC Meter Backstroke**  
 1 Lemire, Philip 33 TECH 3:20.00 2:52.94 5  
 41.43 1:25.02 2:09.71 2:52.94

**Men 35-39 50 SC Meter Freestyle**  
 1 Dick, Scott 38 TECH 27.00 26.47 5  
 2 Lalic, Peter 35 KMSC 40.00 40.44 3  
 3 Dixon, Lee 36 TECH 48.00 44.97 2

**Men 35-39 100 SC Meter Freestyle**  
 1 Dick, Scott 38 TECH 59.00 59.09 5  
 28.74 59.09

**Men 35-39 200 SC Meter Freestyle**  
 1 Dixon, Lee 36 TECH 3:55.00 3:51.55 5  
 49.97 1:47.23 2:49.89 3:51.55

**Men 35-39 100 SC Meter Backstroke**  
 -- Dick, Scott 38 TECH 1:13.00 DQ

**Men 35-39 100 SC Meter Breaststroke**  
 1 Dick, Scott 38 TECH 1:18.00 1:18.19 5  
 36.86 1:18.19  
 2 Lalic, Peter 35 KMSC 1:40.00 1:51.49 3  
 51.18 1:51.49

3	Dixon, Lee	36	TECH	2:48.00	2:29.88	2
	1:09.20 2:29.88					
<b>Men 35-39 200 SC Meter Breaststroke</b>						
1	Dixon, Lee	36	TECH	6:00.00	5:15.31	5
	1:13.61 2:33.08 3:55.45 5:15.31					
<b>Men 35-39 100 SC Meter Butterfly</b>						
1	Dick, Scott	38	TECH	1:05.00	1:05.66	5
	30.90 1:05.66					
<b>Men 40-44 50 SC Meter Freestyle</b>						
1	Bloom, Steve	41	NMSC	30.60	30.25	5
2	Babiak, Milan	42	KMSC	30.00	34.36	3
<b>Men 40-44 100 SC Meter Freestyle</b>						
1	Bloom, Steve	41	NMSC	1:14.30	1:10.86	5
	34.65 1:10.86					
<b>Men 40-44 200 SC Meter Freestyle</b>						
1	McCarthy, Chris	42	TECH	2:15.00	2:10.03	5
	30.74 1:03.80 1:36.36 2:10.03					
<b>Men 40-44 200 SC Meter Backstroke</b>						
1	McCarthy, Chris	42	TECH	2:30.00	2:29.48	5
	35.49 1:13.30 1:51.65 2:29.48					
<b>Men 40-44 100 SC Meter Breaststroke</b>						
1	Babiak, Milan	42	KMSC	1:40.00	1:34.19	5
	43.14 1:34.19					
<b>Men 40-44 200 SC Meter Breaststroke</b>						
1	McCarthy, Chris	42	TECH	3:20.00	3:08.50	5
	42.74 1:30.58 2:19.21 3:08.50					
2	Babiak, Milan	42	KMSC	3:30.00	3:29.84	3
	44.40 1:39.33 2:37.65 3:29.84					
<b>Men 40-44 100 SC Meter Butterfly</b>						
1	Babiak, Milan	42	KMSC	1:50.00	1:31.99	5
	39.27 1:31.99					
<b>Men 40-44 200 SC Meter Butterfly</b>						
1	McCarthy, Chris	42	TECH	2:50.00	2:46.00	5
	34.86 1:15.96 2:00.24 2:46.00					
2	Babiak, Milan	42	KMSC	3:55.00	3:54.66	3
	42.21 1:37.11 2:43.87 3:54.66					
<b>Men 45-49 50 SC Meter Freestyle</b>						
1	Watson, Kevin	48	TECH	30.00	30.40	5
2	Murray, Steve	46	TECH	37.00	36.10	3
<b>Men 45-49 100 SC Meter Freestyle</b>						
1	Watson, Kevin	48	TECH	1:09.00	1:10.00	5
	33.55 1:10.00					
2	Murray, Steve	46	TECH	NT	1:20.47	3
	36.92 1:20.47					
<b>Men 45-49 200 SC Meter Freestyle</b>						
1	Baumann, Alex	45	TECH	2:10.00	2:03.54	5
	29.74 1:01.42 1:32.89 2:03.54					
2	McCaw, Jim	47	TECH	2:42.00	2:38.60	3
	36.21 1:16.12 1:57.52 2:38.60					
3	Murray, Steve	46	TECH	NT	3:08.97	2

36.99 1:21.98 2:13.21 3:08.97

**Men 45-49 100 SC Meter Backstroke**

1	Rempel, Glen	46	KMSC	1:33.00	1:34.53	5
	44.96	1:34.53				
--	Watson, Kevin	48	TECH	1:20.00	DQ	

**Men 45-49 100 SC Meter Breaststroke**

1	Watson, Kevin	48	TECH	1:23.00	1:21.81	5
	38.17	1:21.81				
2	Rempel, Glen	46	KMSC	1:31.00	1:33.02	3
	44.43	1:33.02				
3	Murray, Steve	46	TECH	1:45.00	1:37.40	2
	45.32	1:37.40				

**Men 45-49 200 SC Meter Breaststroke**

1	Baumann, Alex	45	TECH	2:45.00	2:35.78	5
	35.80	1:15.21	1:55.46	2:35.78		
2	Rempel, Glen	46	KMSC	3:17.00	3:24.11	3
	44.77	1:34.86	2:28.55	3:24.11		

**Men 45-49 100 SC Meter Butterfly**

1	McCaw, Jim	47	TECH	1:25.00	1:26.17	5
	39.83	1:26.17				

**Men 45-49 200 SC Meter Butterfly**

1	Baumann, Alex	45	TECH	2:25.00	2:17.70	5
	31.98	1:07.55	1:42.58	2:17.70		
2	McCaw, Jim	47	TECH	3:15.00	3:10.22	3
	40.61	1:28.18	2:19.21	3:10.22		

**Men 50-54 50 SC Meter Freestyle**

1	Richer, Vincent	50	TECH	1:20.00	1:18.86	5
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**Men 50-54 100 SC Meter Freestyle**

1	Richer, Vincent	50	TECH	2:50.00	2:59.22	5
	1:24.36	2:59.22				

**Men 50-54 200 SC Meter Freestyle**

1	Richer, Vincent	50	TECH	5:40.00	5:41.93	5
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**Men 50-54 100 SC Meter Breaststroke**

1	Richer, Vincent	50	TECH	3:00.00	3:28.47	5
	1:38.24	3:28.47				

**Men 50-54 200 SC Meter Breaststroke**

1	Richer, Vincent	50	TECH	6:20.00	7:20.27	5
	1:34.58	3:27.11	5:26.27	7:20.27		

**Men 55-59 50 SC Meter Freestyle**

1	Scapillato, Tim	56	TECH	35.00	34.73	5
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**Men 55-59 100 SC Meter Freestyle**

1	Scapillato, Tim	56	TECH	1:30.00	1:19.81	5
	38.24	1:19.81				
2	Fasken, Lee	55	TECH	1:30.00	1:24.23	3
	40.40	1:24.23				

**Men 55-59 200 SC Meter Freestyle**

1	Scapillato, Tim	56	TECH	3:15.00	3:06.66	5
	40.55	1:29.18	2:20.11	3:06.66		
2	Fasken, Lee	55	TECH	3:30.00	3:11.18	3
	41.70	1:30.89	2:21.73	3:11.18		



**Men 55-59 100 SC Meter Backstroke**

1	Read, Robert	55	TECH	1:20.00	1:18.84	5
	38.40	1:18.84				
2	Fasken, Lee	55	TECH	1:50.00	1:52.81	3
	56.15	1:52.81				

**Men 55-59 100 SC Meter Breaststroke**

1	Read, Robert	55	TECH	1:24.00	1:27.59	5
	40.83	1:27.59				
2	Fasken, Lee	55	TECH	NT	1:56.62	3
	54.30	1:56.62				

**Men 60-64 50 SC Meter Freestyle**

1	Rogers, Phil	60	TECH	31.00	31.52	5
2	Donaldson, Ian	63	OSAC	34.00	33.57	3
3	Addelnour, Razek	63	KMSC	42.00	43.06	2
4	Grant, Gary	64	TECH	NT	49.75	

**Men 60-64 100 SC Meter Freestyle**

1	Rogers, Phil	60	TECH	1:11.00	1:12.97	5
	35.06	1:12.97				
2	Thompson, Eric	62	NMSC	1:13.00	1:13.05	3
	34.77	1:13.05				
3	Donaldson, Ian	63	OSAC	1:20.00	1:16.75	2
	38.89	1:16.75				
4	Addelnour, Razek	63	KMSC	1:35.00	1:43.20	
	47.90	1:43.20				
5	Grant, Gary	64	TECH	NT	2:11.50	
	58.72	2:11.50				

**Men 60-64 200 SC Meter Freestyle**

1	Donaldson, Ian	63	OSAC	3:01.00	2:58.61	5
	41.52	1:25.74	2:14.30	2:58.61		
2	Addelnour, Razek	63	KMSC	3:50.00	3:45.78	3
	48.20	1:44.67	2:45.24	3:45.78		

**Men 60-64 200 SC Meter Backstroke**

1	Thompson, Eric	62	NMSC	3:08.00	3:03.56	5
	44.80	1:33.08	2:18.83	3:03.56		

**Men 60-64 100 SC Meter Breaststroke**

1	Addelnour, Razek	63	KMSC	2:00.00	2:12.19	5
	1:00.59	2:12.19				
2	Grant, Gary	64	TECH	NT	2:12.51	3
	1:04.43	2:12.51				

**Men 60-64 200 SC Meter Breaststroke**

1	Addelnour, Razek	63	KMSC	4:05.00	4:35.56	5
	1:02.11	2:11.17	3:24.42	4:35.56		

**Men 60-64 100 SC Meter Butterfly**

1	Thompson, Eric	62	NMSC	1:23.00	1:20.98	5
	36.52	1:20.98				

**Men 65-69 50 SC Meter Freestyle**

1	Leach, Peter	65	TECH	31.00	32.98	5
2	Heath Eves, Mike	67	TECH	31.50	33.06	3
3	Leamen, Paull	66	TECH	31.00	33.09	2
4	Olsen, Mike	67	TECH	34.00	37.28	
5	Barnes, Geoff	68	GREY	40.00	39.90	

**Men 65-69 100 SC Meter Freestyle**

1	Heath Eves, Mike	67	TECH	1:10.50	1:13.64	5
	35.45 1:13.64					
2	Leach, Peter	65	TECH	1:12.00	1:16.82	3
	35.11 1:16.82					
3	Leamen, Paull	66	TECH	1:11.00	1:20.77	2
	37.30 1:20.77					
4	Olsen, Mike	67	TECH	NT	1:21.33	
	38.83 1:21.33					
5	Barnes, Geoff	68	GREY	1:40.00	1:31.53	
	44.46 1:31.53					

**Men 65-69 200 SC Meter Freestyle**

1	Heath Eves, Mike	67	TECH	2:39.00	2:46.01	5
	36.87 1:17.15 2:46.01					
2	Leamen, Paull	66	TECH	2:39.00	2:52.36	3
	38.06 1:21.42 2:06.61 2:52.36					
3	Leach, Peter	65	TECH	2:50.00	2:56.81	2
	37.84 1:21.65 2:08.24 2:56.81					
4	Olsen, Mike	67	TECH	3:00.00	3:01.13	
	40.83 1:25.90 2:13.96 3:01.13					

**Men 65-69 100 SC Meter Backstroke**

1	Leach, Peter	65	TECH	1:35.00	1:35.29	5
	46.11 1:35.29					
2	Barnes, Geoff	68	GREY	1:50.00	1:49.97	3
	54.36 1:49.97					

**Men 80-84 50 SC Meter Freestyle**

1	Hatch, Ken	83	SWYM	49.60	48.76	5
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**Men 80-84 100 SC Meter Freestyle**

1	Hatch, Ken	83	SWYM	1:49.00	1:53.37	5
	54.37 1:53.37					

**Men 80-84 200 SC Meter Freestyle**

1	Hatch, Ken	83	SWYM	4:13.00	4:10.82	5
	54.62 1:58.33 3:06.77 4:10.82					

**Men 80-84 100 SC Meter Backstroke**

1	Hatch, Ken	83	SWYM	2:08.00	2:27.77	5
	1:12.77 2:27.77					

**Team**

**SEED**

**Finals**

**Men 160-199 400 SC Meter Medley Relay**

1	Kanata Masters Swim Club 'A'	NT	6:52.75
	1) Rempel, Glen M46	2) Addelnour, Razek M63	
	3) Babiak, Milan M42	4) Lalic, Peter M35	
	46.05 1:37.36 2:35.24 3:43.14 4:25.64 5:23.74 6:05.61 6:52.75		

**Men 240-279 400 SC Meter Freestyle Relay**

1	Technosport 'A'	NT	5:11.73
	1) Olsen, Mike M67	2) Leamen, Paull M66	
	3) Heath Eves, Mike M67	4) Rogers, Phil M60	
	38.83 1:19.02 1:57.83 2:42.15 3:17.96 3:58.08 4:32.80 5:11.73		

**Mixed 120-159 400 SC Meter Freestyle Relay**

1	Technosport 'C'	NT	4:57.94
	1) Mears, Paul M25	2) Corriveau, Caroline W25	
	3) Simpson, Betsy W45	4) Lemire, Philip M33	
	35.46 1:16.27 1:53.61 2:35.14 3:10.11 3:50.86 4:22.85 4:57.94		

**Mixed 160-199 400 SC Meter Freestyle Relay**

1 Technosport 'B' NT 6:37.83  
1) Jordan, Marian W55 2) Dixon, Lee M36  
3) Scapillato, Sadie W24 4) Scapillato, Tim M56  
53.84 2:01.90 2:49.18 3:46.05 4:28.21 5:13.33 5:54.68 6:37.83

**Mixed 160-199 400 SC Meter Medley Relay**

1 Technosport 'A' NT 5:17.13  
1) McCaw, Jim M47 2) Read, Robert M55  
3) Hall, Margot W35 4) Lemieux, Valerie W37  
40.99 1:22.05 2:07.02 2:56.43 3:39.90 4:29.55 5:05.96 5:17.13

**Mixed 200-239 400 SC Meter Freestyle Relay**

1 Technosport 'A' NT 5:11.96  
1) Bakish, Margaret W61 2) Buckner, Wendy W50  
3) Leach, Peter M65 4) Watson, Kevin M48  
40.97 1:24.87 2:03.30 2:45.46 3:21.52 4:04.27 4:37.08 5:11.96  
-- Kanata Masters Swim Club 'A' NT X5:25.94  
1) 2) Annable, Krystle W24  
3) 4) Robertson, Kelly W47  
36.11 1:15.71 2:00.52 2:50.33 3:29.77 4:13.27 4:47.52 5:25.94

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